



Adagio Health Power Up Monthly Minder



Healthy Egg Salad

Recipe Adapted from wellplated.com

Who doesn't love a good egg salad for an easy lunch? We've taken the classic fan favorite and gave it a health spin! By replacing the mayonnaise with Greek yogurt we're adding protein, vitamin D, and calcium while keeping the same creamy taste and texture so the kids will never know the difference!

Ingredients

- 1/4 C plain Greek yogurt
- 1 tsp Dijon mustard
- 1/2 tsp kosher salt
- 3/4 C diced celery
- 4 hard cooked eggs
 - +2 *hard cooked egg whites*
- 1/4 tsp black pepper
- 1 Tbs fresh dill

Instructions

1. Peel the eggs and chop.
2. Place in a large mixing bowl, then add the celery, Greek yogurt, mustard, salt, pepper, and dill.
3. Stir to combine.
4. Serve egg salad on toasted bread with your favorite sandwich toppings or enjoy on top of greens for a healthy salad.

Family Activity Corner



Spring is the time of year for yard work, but why not make it fun? Include the kids in a dance party while raking the leaves or see who can plant the most flowers or veggies in the garden. This teaches kids responsibility while spending quality time with you! It's a win-win!

For more tips on getting the family energized check out www.PowerUpEatRight.com/energizers



To find out what your local Power Up is up to at www.PowerUpEatRight.com

Power Up in the Community

The Uniontown Power Up team participated in the Falcon Family Walk in Fayette County! Any parent or student wanting to walk laps around the field before the football game were given free tickets to the game! Our teams are always excited to get the word out about physical activity!